

Get ready to cook: Tie back long hair, apron on, wash hands.
Collect ingredients and equipment.

Bread

Making a loaf of bread takes time, usually about 3 hours! We do not usually make bread in school because it takes too long. However home made fresh bread is delicious and can be adapted into a wide variety of different types of bread including pizza bases, bread rolls, focaccia bread, naan bread, iced buns, chelsea buns etc etc

Ingredients

500 g strong plain flour
2 teaspoons salt
2 tsp fast acting yeast
3 tbsp oil
300 ml warm water
1 tbsp sugar

Weigh
and
measure
carefully

Video:

<https://www.youtube.com/watch?v=VrUdtzXquWk>

In this video, Jamie Oliver uses double the ingredients in our recipe.

Equipment: Mixing bowls, tablespoon (tbsp), teaspoon (tsp), measuring jug, baking tray.

Method

1. Place all ingredients in a mixing bowl and mix together into a soft dough. If the dough is too dry add a little more water, if it's too wet add a little more flour.
2. Bring the dough together and knead lightly for about 5 minutes.



3. Form your dough into a ball and cover the dough ball you're your mixing bowl. and set the dough in on top. Let the dough rise for about 1 hour until it's doubled in size. CLEAN AS YOU GO. When the dough has doubled in size knead again for 5 more minutes.



4. Line a baking tray with baking paper. And shape the dough into whatever shape bread you would like to have. Sprinkle a little flour over the dough and cover lightly with cling film. Leave rise again until it is doubled in size.
5. Bake at 200°C for about 30 minutes for a loaf, until the bread is golden and sounds hollow when you tap the bottom. Bread rolls will bake quicker depending on their size.



Make sure you have a BIG clean up!